

Golden Apple Oatmeal

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Apples, fresh or canned, diced		1 1/2 gal		3 gal
100% apple juice, unsweetened		1 gal		2 gal
Water		1 gal		2 gal
Salt		2 Tbsp		4 Tbsp
Cinnamon, ground		1/4-1/2 cup		1/2-1 cup
Nutmeg, ground		2 tsp		4 tsp
Rolled oats, uncooked		1 gal		2 gal

Directions

1. Combine apples, apple juice and water in steam kettle or saucepan. Bring to boil.
2. Add salt, cinnamon and nutmeg.
3. Stir in rolled oats and cook 5 minutes stirring occasionally until oats are soft and creamy.
4. Turn heat to low, cover oats and hold until ready to serve, or place into sprayed hotel pan for steam table.
5. Serve 1 cup (8 ounces).

Notes

Additional Tips

You can find the recipe for 25 servings and family sized servings [here](#).

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	180	
Total Fat	2 g	
Protein	4 g	
Carbohydrates	37 g	
Dietary Fiber	5 g	
Saturated Fat	NA	
Sodium	290 mg	

Meal Components

Fruits	1/2 cup
Vegetables	1/2 cup
Grains	1 unknown